

charge with a high regard for their work. Aside from the regular class-work and the very necessary talks on hospital etiquette, a superintendent should never lose an opportunity to impress upon her nurses the peculiar sacredness of their calling. In no other work is it so necessary that all womanly qualities should be developed to the highest degree as in private nursing, and unless this is impressed upon the nurse while in the hospital so forcibly that she shall never forget it, there is danger of her becoming lax and indifferent when the exilement of hospital days is over, thus bringing discredit upon her profession. Thus a superintendent must not only have the present in her mind and see that the machinery of the hospital runs smoothly, but she must ever look into the future and remember what she is fitting her nurses for.

Truly great is her responsibility and great are her opportunities, for it lies with her to educate that ever-increasing host of young women who should be, and usually are, the great comforters of the world. They enter alike the houses of the rich or poor, relieving suffering, sharing burdens, bringing hope and cheer to the disturbed household. No other work calls for higher qualifications or offers richer reward. Let us make it what it should be, let us bring enthusiasm to our work, demand the highest and best in ourselves and others, and never rest content, for stagnation means death; only growth is life.

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## HYGIENE OF THE HOUSEHOLD

By EVELEEN HARRISON

Graduate Post-Graduate Hospital, New York

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I READ lately the statement that a hot bath followed by a quiet sleep would lift years off the shoulders of any woman and make her far more attractive.

This is not, perhaps, the highest basis on which to lay a plea for the daily rest, but it is a very important thought to all women, as the question of appearance has and will always have a large influence in their lives.

Mabel A. Dean in a physical culture magazine says: "Whenever a woman seeks success, it is destined that her personal appearance shall help or hinder. . . . It is more than skin deep; it is soul deep in its far-reaching effects, which shall be felt through future generations."

If we consider a moment we will surely acknowledge that the per-

sonality of our friends has for us a tremendous influence. Is it not a pleasure to pass an hour in the company of a quiet, well-poised character, who has not wearied herself into apathy? And do we not all dread the fussy, nervous caller, who cannot keep still for a moment, physically or mentally?

The busy woman who lives in the midst of household cares, family problems, frequent company, and the limitations of a small house or apartment has urgent need of a short withdrawal of herself daily for rest and sleep.

There are two important periods in our daily lives when we require to be alone—in our communion with God and our resting time.

It is a part—and a very great part—of the rest to be shut away from other influences, no matter how congenial, and thus to relax body, soul, and spirit.

The strongest spirits of this world have lived much in solitude, and the ability to rest and be quiet alone is a necessity for the body as well as the spirit, and has to be cultivated, like all the best things of life.

There are very few "home makers" who could not arrange to put aside thirty minutes out of the long day to rest. At first it may seem impossible, but some unnecessary detail might be dropped from the daily routine. One housewife may be over-particular in having the house ordered thus or so because it is the fashion (thereby cutting all personality out of the home); another may devote much time and nervous strength in looking through the shops and being tempted with useless bargains; or an up-to-date woman may use (or misuse) her spare time in a round of woman's clubs, meetings, teas, and lectures until she becomes mentally and physically exhausted.

This little resting time is more than an obligation, it is a solemn duty, for our bodies are the caskets of our higher selves, and were given into our keeping to be preserved whole and strong, so as the better to guard their treasure.

Either just before or just after the midday meal is the most profitable time to rest (one authority states that ten minutes before is worth an hour after lunch). Shut yourself away from interruption, loosen the clothing about the waist, and lie flat on the back for half an hour.

Sleep is not always possible, nor is it at all times a necessity, but the mind may be rested and cultivated by reading good literature, for the higher up we climb on the ladder of mental improvement, the clearer will be our outlook over the field of life's duties and possibilities.

"Our bodies are our gardens to the which our wills are gardeners," says Othello, and our bodies will rise strong and refreshed if we exert our will power to give the needed relaxation.

One excuse often given for omitting a few moments' rest during the day is that one hesitates to disturb the immaculate neatness of the bed and take the time and trouble to restore it to order! The remedy for this is a comfortable sofa in the bedroom (one may easily be constructed with a cot bed, mattress, and divan cover), with a small blanket or rug to throw over one while resting. Should this not be possible, a thin blanket or old coverlet might be laid on the outside of the bed over the white spread, and a moment will suffice to slip it off and smooth out the draperies when the resting time is over. It is wise to lie with the eyes turned from the light, so that they may share in the soothing rest.

Rest before eating when overtired does not have the place in our lives that is its due. Ten minutes, even, on the back when one arrives home breathless with the nervous strain of a busy day will send one to the table in far better condition to digest and assimilate the food. I heard of one poor workingwoman who made a rule of lying down for a few minutes every evening on her return home before she touched her supper.

Women have control of their own health more than they dream of, and much of their suffering might be laid at their own doors.

Rest, exercise, fresh air, and sunshine might well be classed under the head of "preventive medicine," and if taken daily there will be far less need to have recourse to the disagreeable remedies required after the body is stricken with disease.

After rest comes exercise in the open air as an important factor in the preservation of health and personal attractiveness.

There are many women who slide into the "stay-at-home" habit (a most difficult habit to overcome), and fuss around the house with the mistaken idea that they are taking the right sort of exercise. You will seldom see cheerfulness and good-humor depicted in the faces of these stay-at-homes, and they are much given to morbid, self-centred interests.

Nothing can take the place of out-door exercise; it is entirely different from walking around the house, as each breath one draws in the pure air gives one fresh strength and courage, and the getting outside of one's own little home world will act as a wholesome tonic.

Running has been adopted lately by some of the most up-to-date women: a daily run commencing with a few yards and slowly increased to half a mile or more, the runners returning home all aglow without and within, and with grace added to their figure by the vigorous exercise of the muscles.

(To be continued.)